

Month of Self-Sovereignty

Master of Mind – 2

08.10.2017

1. Self-Respect I, the soul, am enriched with the authority of Controlling and Ruling power.

- 'Bapdada has given two gifts to children – Controlling and Ruling power. If something ever happens then remember these two gifts and use them. You have received these gifts, keep them safe and use them in every type of situation.

2. Yoga-Practice

- a. 'One should have the power of controlling their mind in their own hands. When you say stop then it stops, when you say Start then it starts. In one second Brahmin, in one second Angel, in one second Deity. As and when you have a thought, accordingly you should be able to attain success.' According to Baba's directions, we experience this many times in a day.
- b. 'Karmyoga means doing the work and stabilizing in stage of yoga at the same time so check while doing Karmayoga am I stabilized in the stage of Karankaravanhar? I am Karavanhar and karm is karanhar, so first be seated on the stage of "I am almighty authority". If you are seated on this stage then mind will listen to your orders. " We shall sit in this seat and pay attention towards it.

3. Inculcation – **Fix daily timetable of mind**

- World transformer – world benefactor souls should prepare the time table of mind before any task – which stage of self-respect to stabilize in, which stage of self-respect to have authority of being master. So, now At Amritvela itself, fix the routine of your mind alongwith fixing physical routine of your day and then have determination to follow your routine.

4. Churning –

- Need and importance of Controlling and Ruling power?
- Why does Soul's ruling and controlling power reduce?
- How to increase it? What practices and points of remembrances will help in it.

5. To-Self-Sovereigns

Dear Self-Sovereigns! Baba has said that three words are the reasons of reducing Controlling and ruling power – what, why and want. To finish these three words, say – "Wah Baba, Wah I and Wah Drama". World transformers would have to make their mind so strong that if you have any thought at anytime you want , mind stabilizes in it immediately. The way physical senses automatically remain under control, in the same way mind-intellect-sanskars should be under control only then will you be called number one Victorious soul.